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Taser inquiry can find misconduct

RULING A civilian inquiry can make findings of misconduct against four Mounties who Tasered a Polish immigrant at Vancouver's airport, B.C.'s Supreme Court ruled yesterday.

Justice Arne Silverman rejected arguments by the officers lawvers that the inquiry headed by retired judge Thomas Braidwood not have the right to consider allegations the officers had acted improperly or misrepresented the facts to justify their actions.

Commission Counsel Art Vertlieb said Silverman's decision allows Braidwood to continue his mandate for a full reporting into the cir-cumstances of Dziekanski's death

Walter Kosteckyj, lawyer for Dziekanski's mother Zofia Cisowski, said at some point there has to be a reckoning of responsibility for his client.

JEFF HODSON/METRO CANADA

Sports pg 10

Balsillie bid iced again

Sunny **Side**

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Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us

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• Calling on all Ottawans share your SunnySide thoughts on what makes Ottawa tick, people, places, events and architecture, on Twitter using #sunnyside
• See what other Metro

readers are doing and saying about SunnySide



Iranian university exchange students protest election results outside Iran's embassy to Italy in Rome yesterday. A protest is planned for Parliament Hill at 2 p.m. today. More coverage, pg 7

Ignatieff rolls dice

Tories told to beef up EI or risk triggering election heat

Prime Minister Stephen Harper says he's willing to talk, but is unwilling to adopt Liberal proposals to enrich the employment insurance scheme — a declaration that appeared to set the country on course to a summer election.

By the end of a day of polifical "I need to see some that vote.
The brinkmanship more progress." Hill, Harper Liberal Leader offered to MARINI to Michael Ignatieff

meet his main adversary, Liberal Leader Michael Ignatieff, in a bid to avoid a campaign that could be triggered as early as Fri-

The Liberals accepted the offer. But the two men appear to agree on only one

thing.
"Mr. Ignatieff said he doesn't want an election. I don't want an election," Harper told reporters. "I don't think anybody in Canada wants or expects an election.'

Ignatieff said he would vote to bring down the government Friday unless the prime minister agrees to provide details on further EI reforms vaguely promised for the fall, actual project spending to date, future

deficit reduction plans and current plans to supply the desperately needed medical isotopes.

Harper said if Ignatieff really wants to avoid an election, and really wants stimulus spending to happen quicker, he simply has to

support government in other The

oppositwo parties, Demoction New rats and Bloc Québécois, have already de-

clared they are unlikely to support the government without significant changes to EI.

In the National Press Theatre, where Ignatieff stood just hours earlier, the prime minister said he'd meet anvtime. But he mocked Ignatieff's sole proposal to set a national EI eligibility standard of 360 hours of work, in order to qualify for jobless benefits under the program.

"I need to see some more progress," said Ignatieff of Harper's claim he's willing to work with him.

"If he can do that we can have a happy summer, if not, we'll have to have an elec-TORSTAR NEWS SERVICE

Sens prez stepping down, omoted .eeder pr er on Melnyk's executive

TRACEY TONG

tracey.tong@metronews.ca

Ottawa Senators president and chief executive officer Roy Mlakar will be leaving his post when his contract expires at the end

To replace Mlakar, Senators Sports and Entertainment owner Eugene Melnyk is promoting Cyril Leeder to president of the hockey club and of Senators Sports and Entertainment. Erin Crowe will join Leed-

leadership team - which will be responsible for the club's operations and the asas executive vicesets president and chief financial officer, while Bryan Murray, who joined the Senators in 2004 as the club's fifth head coach, will continue as the Senators general manager while adding executive vicepresident to his duties. These appointments take effect July 1

'Roy Mlakar's leadership over the past 13 years has been an impressive journey

of achievement and success," said Melnyk.

"Roy has worked in professional sports for nearly 40 years. That depth of experience and leadership ... has contributed greatly to defining the Ottawa Senators.



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Night work on Alexandra Bridge

The Alexandra Bridge will be closed to vehicular traffic in both directions until 6 a.m. this morning and tomorrow from 9 p.m. to 6 a.m. The closures allow for the reinforcement of the steel structure as a part of the planned rehabilitation of the bridge. Pedestrians are not affected. METRO OTTAWA

Local



Children at pool sent to hospital

A pool chemical leak at a swimming pool sent five children to hospital Sunday. At 6:30 p.m., Ottawa police, fire, ambulance and HAZMAT responded to a swimming pool building located in the area of Cedarwood and Baycrest, where five children were taken to the Children's Hospital of Eastern Ontario after suffering breathing problems. METRO OTTAWA

Teen in hospital after stabbing

INVESTIGATION Police are investigating after a teen was stabbed early yesterday morning at Baseline Station.

Police were called to Baseline Station at 12:47 a.m., where a 17-year-old male had suffered stab wounds. He was taken to the Ottawa Civic Hospital. where he was treated for injuries and underwent surgery for a punctured lung.

The victim is in stable condition and his wounds are not considered lifethreatening.

No arrests have been made at this time.

TRACEY TONG/METRO OTTAWA

metr@news.ca

Video Summer election talk lingers after Stephen Harper's response to

Michael Ignatieff at metronews.ca/canada Your Money Allan Small



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Daily Keno: 3, 5, 6, 9, 13, 18, 19, 21, 23, 26, 40, 41, 42, 45, 49, 52, 57, 60, 67, 70. These results are not official.

Artists 'drool' over Shenkman Committee

\$37M state-of-the-art cultural showcase readies for kickoff

TRACEY TONG

After years of wishing, the day the east-end arts community has been waiting for arrives later this week. when a \$37-million stateof-the-art cultural facility

opens its doors. "We're so excited," said Caroline Obeid, portfolio manager for the Shenkman Arts Centre. Long before the centre was announced, artists have been asking for a new facility in the city's east end - since 1987, in fact, said Obeid.

And it seems they've already given the centre a stamp of approval. "We took groups through here and they were literally drooling," Obeid said. "A purposebuilt facility for them they're over the moon."

The 86,000-square-foot facility includes the 506-seat Harold Shenkman Hall which has doors

acoustically seal, said Charles McFarland, artistic producer for City of Ottawa Theatres.

A 104-seat, configurable Black Box Theatre features completely flexible space, so vou can arrange the seating any way you like," McFarland said.

The building also features a rehearsal room that can double as a performance room for smaller performances; a dance studio with sprung floors and two barre heights; five painting stu-dios and space for the Ottawa School of Art, the Gloucester Pottery School, Arts Ottawa East and the OYP Theatre School.

The unveiling, which happened yesterday in advance of Thursday's inaugural ceremony, leads into the grand opening kickoff celebration, which includes free performances, visual arts hibits, hands-on activities, readings and film and video screenings this weekend.



Artistic producer for City of Ottawa Theatres Charles McFarland shows off the lobby and the grand staircase at the \$37-million state-of-the-art Shenkman Arts Centre, which opens its doors later this week.

Public input meetings for Crime Prevention Ottawa start today

SAFETY As part of the process of reviewing its activities and identifying priorities for the next three years, Crime Prevention Ottawa is planning a series of public meetings to get input starting today.

A French meeting is held at the Knights of Columbus on 260 McArthur Rd. from 10 a.m. to noon today, while a bilingual one is held from 6 to 8 p.m. at the Nepean Sportsplex. On Thursday, a meeting is held from 2 to 4 p.m. at the Jim Durrell Centre and on Friday, a session takes place from 8 to 10 a.m. at the Sandy Hill Community Centre.

The organization, which is dedicated to crime reduction and enhanced commu-

safety in through collaborative, evidence-based crime prevention, brings police, school boards, the United Way, and community and business partners together.

TRACEY TONG/METRO OTTAWA

OKs \$26M to purchase library land

DOWNTOWN The Ottawa Public Library will likely be getting cash to buy land for a new central branch

Yesterday, the city's corporate services committee unanimously approved spending \$26 million to acquire the downtown city block where the branch would be located.

Two-thirds of the underdeveloped property, bounded by Lyon, Albert, Bay and Slater streets, is currently occupied by the Alterna Bank headquarters.
The city will be entering

into negotiations to accommodate the occupants' needs or assist with relocation. If negotiations are unsuccessful, the city could expropriate the property.

The proposed new central branch is estimated to cost \$181.5 million. which was set aside for 2012-2018 in the most recent city budget.

Plans are still very preliminary for the building but it is expected to be around 345,000 square feet, and accommodate more than 10,000 visitors per day.

City council still has to approve the funds.

TIM WIECLAWSKI/METRO OTTAWA







This summer, your child can learn



Brenda Carr Vellino supported the motion banning arms shows at city hall yesterday. The motion was unanimously rejected.

City says no to ban on arms shows

Critics blast policy decision

TIM WIECLAWSKI tim.wieclawski@metronews.ca

Rather than banning arms trade shows from cityowned facilities, the city's corporate services committee voted to ensure space for them in the future.

In 1989. Ottawa city council passed a motion prohibiting city property from being leased for arms exhibitions

That prohibition was removed in 1999 when ownership of Lansdowne Park was transferred to the Regional Municipality of Ottawa-Carleton, then back to the city after amalgama-

That left the city with a policy "void" regarding military trade shows at Lansdowne Park, according to city solicitor Rick O'Connor, which allowed the national defence and security trade show CANSEC to use the park a couple of weeks

This prompted Bay Ward Coun. Alex Cullen to put forward a motion to reinstitute the 20-year-old ban on arms trade shows.

After two meetings where dozens of public delegations spoke mostly in favour of the ban, the city's corporate services committee unanimously rejected the motion.

Instead, they carried a motion for the city to "continue to include consideration of national level trade shows in its economic development strategies and practices and in its facilities allocation policies."

Brenda Carr Vellino, one of public presenters who supported the motion banning arms shows, said she felt as if councillors had "pulled a fast one."

"It's very, very undemocratic," she said. "The trade show does not display cluster bomb munitions but it does display computer com-ponents that go into weapons delivery systems."

College Ward Coun. Rick Chiarreli argued that Canadian soldiers going over to places like Afghanistan would feel a little more confident knowing that Ottawa did everything it could to ensure they had the best possible equipment.

"We have to act like the city that is the national capital and let the federal government conduct its business for which people elect their MPs," he said.

Capital Ward Coun. Clive Doucet argued that supporting military trade shows undermines the mission to create peace in Afghanistan.

"How can that message be sustained for our troops when our capital city is voting for an armaments sale in its principal park?" he asked. "It says that we are more interested in war than in peace. I don't think its true, but that's the message it sends.

Tourism dollars still flowing in Ottawa

TRACEY TONG tracey.tong@metronews.ca

ECONOMY Compared to other major cities in Ontario and Quebec, Ottawa's tourism industry fared well in 2008 and continues to do well this year, the president and CEO of Ottawa Tourism said vesterday.

"Ottawa held its own in 2008," said Noel Buckley. One of the easiest ways to measure tourism is through accommodation, he said.

"The first five months of the year are dead even with last year." Noel Buckley. CEO of Ottawa Tourism

"We had stable hotel occupancy compared with 2007, which was a very strong year."

So far, the trend contin-

ues this year.
"The first five months of the year are dead even with last year," said Buckley, but adds that he's cautiously optimistic.
Ottawa's tourism is per-

forming better than that of Toronto, Montreal, Quebec City and Niagara Falls at this point, said Buckley.

While Ottawa did well in the student market this spring, the International Ice Hockey Federation World Junior Championships and Winterlude pulled in the tourists in January and February, while the Canadian

Tulip Festival and Ottawa Weekend brought

them in again in May. But it's not just festivals that bring people in.

"We're a very balanced market," said Buckley, adding that corporate travel, conventions and meetings bring people to the capital as well.

The stats for 2008 and 2009 will be just some of the things discussed when Ottawa Tourism hosts its annual general meeting this afternoon.



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Test rules out farmer as flu source

Blood testing has ruled out a farm worker as the source of influenza A (H1N1), also known as swine flu, infection in a Canadian herd of pigs that was the first reported in the world to carry the virus, Alberta's health department said yesterday. REUTERS

Canada



Young households use cells: StatsCan

More than a third of younger Canadian households are cutting the wires and relying solely on cell phones, according to a survey. By contrast, only 4.5 per cent of other households have dumped their landlines at home and use cellphones exclusively, a polls by Statistics Canada showed. In 2008, eight per cent of all households reported having cellphones and no landlines, up from 6.4 per cent in 2007.

Producers told to drop Anglo bands

ST. JEAN BAPTISTE Recalling the language standoffs of earlier decades many had thought disappeared, an organizer of a St. Jean Baptiste Day festival has demanded producers drop two anglophone bands from the show's lineup.

But the producers of the show, set for the Montreal neighbourhood of Rosemont, yesterday said they're standing firm, however.

"We maintain our choices for the lineup," the production company, C4, said in a statement. The lineup includes which represents 40 minutes of English-language performances in a total of six hours of music. C4 also said it hoped the event will remain "peaceful.

While many sovereignists cheered the decision call move by the Louis-Hébert Cultural Association to boot folk band Lake of Stew and rockabilly Bloodshot Bill from the lineup, there has also been a huge groundswell of support for the artists from francophones and anglophones alike, including on Internet forums. Facebook, radio shows and in messages to the artists themselves.

TORSTAR NEWS SERVICE

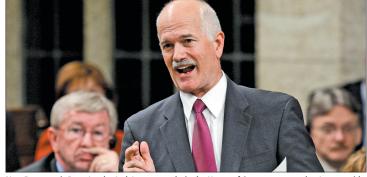
No election? Think again: NDP

Layton says party will vote against Tory plan if demands are not met

If the Liberals are banking on the NDP getting cold feet and supporting the minority Conservative government in a confidence vote this week then they should think again, says party leader Jack Layton.

"I just advise people to look at history," Layton told reporters, referring to the dozens of times since 2006 the New Democrats have voted against the government on matters on confidence.

Layton said his party has opposed the Conservative budget from the outset and will oppose the budget implementation bill later this week, paving the way for yet another federal election in less than a year.



New Democratic Party Leader Jack Layton speaks in the House of Commons yesterday. Layton said the NDP will oppose the Conservative budget this week, paving the way for a federal election.

"It (the budget) has failed to deal with the crisis, it has failed to get the money out the door, it has failed to help the unemployed ... and we certainly can't support that kind of budget or that kind of implementation plan," Layton said.

There is nothing much

that can be done to change that in the next five days

In the 308-seat House of Commons, the Conserva-tives hold 143 seats, the Liberals 77, the Bloc 48 and the NDP 36. There is one independent MP and there are three vacancies.

To trigger an election, all three opposition parties would have to vote to defeat the government.

The NDP has called for the government to immediately implement employment insurance benefits for self-employed Canadians, but Prime Minister Stephen Harper yesterday reaffirmed the government has no intentions of moving in that direction until the fall. "We are going to insist that there is help for the unemployed and if it is not there we are voting against the implementation plan," Layton TORSTAR NEWS SERVICE

Shortage threatens patients: Expert

ISOTOPES Calling it one of the biggest crises in the history of the profession, the head of an international nuclear medicine group says the shutdown of Canada's Chalk River reactor last month is forcing "several thousand" heart and cancer scans a day to be cancelled or switched in the United States.

Hundreds of those pa-

tients might have to undergo exploratory surgical procedures in the absence of scans typically fuelled by Chalk River's isotopes, said Robert Atcher, president of the Society of Nuclear Medicine.

"The patient community is facing one of its greatest threats in modern times," Atcher told a news conference. TORSTAR NEWS SERVICE

Watchdog cracks down on charities

DONATIONS Charities that exist to fundraise - or lie to donors to get money will likely lose their charitable status, according to new guidelines laid down by the federal watchdog.

It's an attempt to bring order to the 83,000 charities in Canada, a collection of groups that range from multimillion-dollar agencies run as corporations to small groups run out of a kitchen.

"(The new guidelines) are good for donors and for charities," said Marcel president of Lauziere, Imagine Canada, a group that represents Canada's

Guidelines

 Since most charities need to fundraise to survive, the watchdog created a sliding scale to help both charities and donors. It set 35 cents on a dollar as the maximum safe fundraising cost. More than that, a charity will likely be

asked to explain itself to the watchdog in an audit. Fundraising costs above 70 cents on the donor dollar will raise serious concerns with the watchdog and could lead to the charitable status being revoked.

philanthropic sector.

Lauziere said the guidelines will help good charities figure out what the federal regulator expects of them, and make it clear to the minority of bad charities what will get them in trouble. Lauziere said donors will now have a sense of what to look for.

The Charities Directorate has spent more than a year preparing these fundraising guidelines.

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Nova Scotia's Glen Breton Whisky will keep its name after the Supreme Court of Canada refused to hear a final appeal by the Scotch Whisky Association, which has fought for nine years to keep the prefix "Glen" off labels of the single malt. REUTERS

Reaction split on school changes

Toronto mom Cheryl Atkinson can't wait for all-day learning for fourand five-year-olds to come to her neighbourhood, which is teaming with young families and bereft of daycares.

"This is a service our community could really use," she said yesterday after Premier Dalton McGuinty announced Ontario's plans to implement his 2007 election promise starting next year.

Teachers' unions, however, are outraged the plan calls for teachers and early childhood educators to work together in the classroom. But in a bid to ensure everyone plays nicely in the sandbox, McGuinty said he hopes teachers can put their differences aside

Cost

• McGuinty said Ontario would spend \$200 million next year and \$300 million in 2011 to phase in the initiative for the traditional school day. But he said he is still studying the rest of Pascal's \$1-billion plan.

and focus on what's best for children. "The only way for us to

"The only way for us to get this done is to call upon the goodwill and the know-how and the talent of all of our partners in education," he said.

Both the public and Catholic school teachers' unions say the plan, released yesterday by former deputy education minister Charles Pascal, would violate their collective agree-

ments, which stipulate only their members can teach in the classroom.

Pascal's plan recommends a full school day for all four- and five-year-olds by 2013 with schools offering fee-based after-school and summer programs up to age 12 at the request of 15 or more families.

For children under age four, it proposes consolidating all children's services — from parenting centres to daycare — into new community hubs, preferably in schools. And by 2020, parental leave would be extended from 50 weeks to 57 weeks with parents having the option of returning to work part time for a total of 18 months.

TORSTAR NEWS SERVICE

Calgary A place for art



From left, Jenn Courchene, 18, Saeada Basa, 17, and Shawntel Cole, 15, all students who were involved in The Eighth Avenue Place Community Boardworx Project hold some of their photos that are on display around the construction hoarding. The Metro-supported community Boardworx project was created to give youth the opportunity to engage in art and give construction companies a 25 per cent reduction on hoarding permits, said Aviva Zimmerman from the urban youthworx clubs of Calgary.

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Purse strings still tight in oil sector

A doubling of oil prices in the past six months has yet to convince many Canadian oil companies to fatten capital spending, partly because natural gas markets remain depressed, executives said yesterday.

Crude has climbed above \$70 a barrel in recent weeks as traders have wagered that the worst of the recession, which has cut sharply into global oil demand, may be past.

But oil executives at the Canadian Association of Petroleum Producers' investment symposium said they are not convinced today's prices are sustainable, given the demand fundamentals.

"I think we're going to

"In many ways I think we're a bit surprised at how quickly the commodities have rallied."

Marvin Romanow, chief executive of Nexen

be a bit patient," said Marvin Romanow, chief executive of Nexen Inc., Canada's No. 4 independent explorer and producer.

"In many ways I think we're a bit surprised at how quickly the commodities have rallied. The rally in the commodity is coming on the basis that economies are shrinking at a lower rate."

Nexen, whose Long Lake oil sands project is in startup mode, has budgeted \$2.56 billion in spending this year.

Romanow said o

prices surged through the middle of 2008 because of supply shortages, and that will likely happen again when economies recover

"But I think it's a bit early for the rally because there still is a lot of oil around the world and demand is still not completely strong," he said.

Last Thursday, oil closed at \$72.68 a barrel, its highest level in more than seven months. It has since fallen back to \$70.62.

REUTERS

Alberta says royalties are set

ENERGY Alberta is standing firm on its newly changed oil and gas royalty regime but it is still willing to talk to the energy industry about ways to prevent further drops in drilling, the Canadian province's energy minister said yesterday.

Energy Minister Mel Knight made the comments as some industry executives said the controversial royalty framework, which came into effect at the start of this year, repelled capital, even with incentives put in place since.

"I don't have any ability to go back and we're not going back," Knight told reporters after speaking to an industry conference.

REUTERS

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The butterfly effect

The blue butterfly died out in Britain 30 years ago because of disruptions to a life cycle that includes pretending to be an ant, according to a study. REUTERS

World

Militia fires on **Iranian protest**

Basij militiamen killed at least one person vesterday and wounded more when their building was attacked by demonstrators protesting an election they say was stolen by President Mahmoud Ahmadinejad.

An Iranian photographer at the scene witnessed the shooting, which came during a demonstration by tens of thousands in the capital Tehran in support of opposi-tion candidate Mir Hossein Mousavi who has appealed the election result. Gunfire was also heard in three districts of wealthy northern Tehran, residents said.

Speaking before shooting, Mousavi said he was "ready to pay any price" in his fight against election quoted him as saying.

Members of Iran's securi-

ty forces have at times fired into the air during two days of the Iranian capital's most violent unrest since the 1979 Islamic Revolution, and used batons to beat protesters who have pelted po-

lice with stones.

The Basij militia is a volunteer paramilitary force fiercely loyal to Supreme Ayatollah Leader Khamenei, who has the fi-nal say on all matters of state in Iran.

Mousavi said he was not optimistic about his appeal against the result of Friday's election to the 12-man Guardian Council, six of them selected by Khamenei, six elected by parliament.

Ottawa reaction

 A protest against the "official results" is planned for Parliament Hill at 2 p.m. today. "This is a fraud. The results are fake. It is like a coup d'etat. All of a sudden it was announced that Ahmadinejad was the winner," said Shahin, a 28-year-old student from Tabriz, Iran, who asked that his last name not be used. "In this election almost all the nation was united against a small minority of hardliners," said the University of Ottawa law student. Outside the Iranian Embassy, it's hard to find anyone who supports Iranian president Mahmoud Ahmadinejad in Ottawa, he said.

METRO OTTAWA

Thailand Flu fears



Workers clean a street in Pattaya, Thailand, yesterday. The Thai Public Health Ministry confirmed a total of 201 cases of influenza A (H1N1), also known as swine flu, and predicted more cases will be found, particularly in schools and factories. The ministry is endeavouring to contain the outbreak.

Taliban beat musicians

AFGHANISTAN Taliban fighters beat musicians, shaved their heads and left them tied to trees overnight because they performed at an Afghan wedding, a village tribal chief said yesterday. While in power from 1996-2001, the Taliban banned music as un-Islamic.

The militants have returned to areas in the east and south of the country, where violence has sharply spiked in recent years. They attack government officials, Afghan police, foreign troops and schools that teach girls, another practice they forbid.

"A party was going on when a group of Taliban grabbed five musicians and started beating them and smashing their musical instruments," said Rahmatullah Khan, a head of Merke Khel village in the east of the country.

Afghan weddings and engagement parties in rural areas are traditionally celebrated with hundreds of guests, music and singing that often continues until late at night.

Prosecutor seeks end to Scientology

FRANCE A French prosecutor yesterday recommended a Paris court should dissolve the Church of Scientology's French branch when it rules on charges of fraud against the organization.

Registered as a religion in the U.S., with celebrity members such as actors Tom Cruise and John Travolta, Scientology enjoys no such legal protection in France, where it has faced repeated accusations of being a money-making cult.

The Church's Paris head-quarters and bookshop are defendants in a fraud trial that began on May 25. The Church of Scientology denies the fraud charges and says the case against it violates freedom of religion.

Woman arrested for webcam abuse

PEDOPHILIA British detectives said an investigation into Internet child pornography had uncovered a woman in the U.S. suspected of using a webcam to broadcast live sexual abuse of her young child. Police contacted the U.S. Embassy, leading to the arrest of the woman in Maine.

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Exxon ordered to pay interest, \$507.5M in damages for 1993 spill

A federal appeals court yesterday ordered Exxon Mobil Corp. to pay 5.9 per cent interest back to 1996 on a judgment in the Valdez oil spill off Alaska's coast, and to pay its own legal fees for the appeal. The court also affirmed the amount of punitive damages at \$507.5 million US that Exxon must pay related to the 1989 spill. REUTERS

Russia rarely solves reporter killings: Study

failing to find killers of journalists, said a report released yesterday that detailed the death of 124 reporters in Russia who have been murdered or died in accidents while at work since 1993.

The report said that 19 of these journalists had been murdered and another 19 were suspected of being murdered. Most of the other journalists had died in conflicts or accidents.

But while the authorities prosecuted the actual killers of the journalists, the report said, the people who ordered their murders were rarely caught.

'Much more should be done to protect journalists in Russia," Vsevolod Bogdanov of the Russian Union of Journalists said at the

unveiling of the report.

A photograph on the cover of the 38-page report pictured a make-shift me-

U.S. reporter

The 2004 murder in Moscow of U.S. journalist Paul Klebnikov also remains unsolved. A jury acquitted two Chechens of his murder in 2007 and those who ordered his death have yet to

morial in central Moscow where an assassin shot dead a trainee female reporter and a human rights lawyer after a press brief-ing in January. The lawyer had criticized the early release from prison of a Russian army officer who killed a Chechen woman in 2000.

The authors of the document said the 2006 murder of Russian journalist Anna Politkovskaya, who was shot dead by an assassin in her apartment block, had triggered the report.

Taiwan 'Anti-prostitution zone'



An activist holding a placard reading "anti-prostitution zone" stands in front of police officers during a protest in Taipei. Taiwan has proposed setting up a legal prostitution zone allowing the island's huge underground trade to flourish, in response to popular demand from sex workers.

NIGERIA The captain of the Bayelsa United soccer team was killed by armed robbers hours after he helped his team win Nigeria's Premier League. Abiel Tabor, 24, was shot late on Sunday near the town of Oleh, in southern Nigeria's

Delta state, when he tried to drive away from the gunmen. Tabor was travelling with his brother and two others to visit his family after Bayelsa clinched the title.

IRAQ Hundreds of prisoners have launched a protest at dire prison conditions and systematic torture including rape, lawmakers said yesterday. The prisoners have gone on a partial hunger strike to try to draw the government's attention to their plight, said a parliamentary spokesman. REUTERS

Brown draws flak over private Iraq war inquiry

LONDON British Prime Minister Gordon Brown announced a probe yesterday into Britain's decision to join the 2003 invasion of Iraq but critics accused him of a coverup by holding the inquiry in private.

Brown's government, and that of his predecessor Tony Blair, have resisted pressure to hold an inquiry into the war until

British troops left Iraq. Analysts said Brown may have timed the probe to shore up his support on the left of the ruling Labour Party after disastrous European election results and an attempted revolt against him this month. But he angered critics by refusing to hold the hearings in public, citing national security concerns, and by limiting the investigators to a group of top civil servants and academics.

Brown also said that the inquiry would take about a year, pushing it after the next national election, thus avoiding political damage. REUTERS

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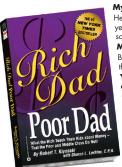
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Comment & Views

Comment

Dancing with politicians

Is the prime minister prepared to waltz to Iggy's tune?



play tune, prime minister, you dance.

That was the message from Liberal Leader Michael Ignatieff yesterday. He doesn't want an election, he told Stephen Harper, but if you don't meet our demands, there will be one.

That got Harper's attention. Though he doesn't like dancing to anyone's number but his own, it appears he's prepared to put on his waltzing shoes this

The two leaders are to meet today to try to work out a deal. It looks, for the moment at least, an election will be avoided. That's probably good for the Conservatives, not so good for the Liberals, who have that precious political commodity known as momentum working for them.

Liberal Most senior Liberal strategists want an election but feared being seen as forcing one against the public's will. They didn't want their leader to look like just another rank, opportunistic politician.

Hence the compromise proposal. From the prime minister Ignatieff wants easier eligibility for employment insurance, a for plan



long-term elimination of the deficit, more specifics on stimulus spending and a plan to deal with the isotope crisis.

Employment insurance is the big one and the PM indicated he is amenable to changes. If he gives enough, Ignatieff will declare victory and everybody can relax until at least until the fall. That will give the Conservatives chance to recoup.

If history is any indication, the Liberals shouldn't have been so concerned about getting blamed for triggering a campaign. Election timing is only an issue for the first few days after the writ is dropped. Then it is forgotten. In calling an

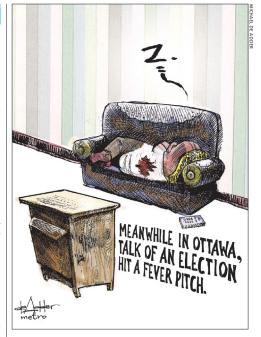


tion date promise - and it didn't hurt him.

Tracking polls put the Liberals six or seven points in front. The Lisa Raitt affair gave them a boost. just this weekend, Tom Flanagan, Harper's longtime mentor, gave them another lift. In an updated version of his book, Harper's Team, the senior Tory strategist essentially concedes the Harper critics have been right - that the PM has no vision, that he is guided only by political considerations, and that he dealt a terrible blow to the party with his boneheaded fiscal update of last fall.

Coming from a Conservative, that's great ammunition. The Liberals would like to use it now. If the prime minister is smart, he won't give them the chance - not until the autumn leaves fall.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Letters

Riders should be more considerate of others

I recently moved to Ottawa and commute with OC Transpo daily. I have this issue with this lady that always brings a hot beverage into the bus and, for some reason, always manages to

spill her drink on the empty seat to the left and right of her.

Now I understand previous articles in Metro about restraining passengers from drinking and eating in the bus. To me, it is a very rude behaviour.

ALAIN DION, OTTAWA

Vigilante justice: A return to the Wild West



Some recent cases have resurrected the weighty issue of vigilantism. Al-though an offender may very well "get what he deserves," we need to carefully think through the potential dangers of supporting vigilantism.

Let's look at a couple cases: A 51-year-old man enters a Chinatown store in Toronto for the second time that same day. A clerk, the store manager and owner team up to apprehend him, allegedly punching, kicking, and tying him up before stuffing him into a waiting van as police arrived. The apprehenders were the ones charged, although the courts have yet to determine whether this was actually a case of vigilantism or a zealous citizens' ar-

In Oklahoma City, two teens hold up a pharmacy. The surveillance camera shows the pharmacist shooting one of them in the head and chasing away the other. As the teen struggles on the floor, he is finished off with five more bullets. There has been an outpouring of support for the pharmacist.

Then, in Philadelphia, an 11-year-old girl is brutally raped. The suspect is identified by eyewitnesses least a dozen angry neighbours, leaving him in critical condition and on life support. Once again, there is an outpouring of support for the neighbours and understandably so. Support for vigilantism

cannot be ignored. It represents an outcry that people are at the end of their tether with criminals terrorizing their communities.

But there is a danger when we become emotionally driven to support acts where angry citizens become police, judge, jury and executioner in one. It becomes an undermining of our judicial system and even a greater affront to our civilized democracy. We regress to the archaic and anarchic Wild West system of justice where

vigilante groups filled a gap of an organized system. Some of these groups even proved to be as nefarious as the criminals them-

There is no shortcut to a justice system that we may deem ineffectual. It will continue to be a work-inprogress.

But there is some good news for those who want tougher crime legislation: Ottawa has introduced a bill to repeal the "faint hope" clause. If passed, the legislation would mean that anyone convicted of or second-degree murder would no longer be able to apply for early

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

McCartney suggests one meat-free day a week

Former Beatle Paul McCartney has launched a "Meat Free Monday" campaign in Britain in a bid to help combat climate change.

The campaign has already been launched in the U.S. and Australia.

UN reports show the livestock sector accounts for around 18 per cent of greenhouse gas emissions blamed for global warming, more than the transport industry.

"I think many of us feel helpless in the face of environmental challenges, and it can be hard to know how to sort through the advice about what we can do to make a meaningful contribution to a cleaner, more sustainable, healthier world," McCartney said on the campaign's official website (supportmfm.org).

Metro Online Poll Results



Do you believe political apologies are sincere?

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10

Crosby disrespectful: Zetterberg

Henrik Zetterberg says it was disrespectful for Penguins captain Sidney Crosby not to shake hands with all of Detroit's players after Pittsburgh won the Stanley Cup. Detroit captain Nicklas Lidstrom, who waited while Crosby celebrated winning the Cup with his teammates, said that Crosby would learn from the situation. METRO NEWS SERVICES

Sports



'Canes extend Maurice

In an effort to keep their coaching staff together after their run to the Eastern Conference final, the Carolina Hurricanes have agreed to terms with coach Paul Maurice, left, on a multi-year contract. Ron Francis will return as associate head coach, assistant coachs Kevin McCarthy and Tom Rowe will remain, while Tom Barrasso will also take the title of assistant coach.

EDITOR: CHRIS.CLEMENTS/A) METRONEWS.CA

Judge rules against Balsillie

The Coyotes will remain in Phoenix after bankruptcy court Judge Redfield T. Baum rejected a proposed sale of the team to billionaire Jim Balsillie, who was set to move the team to Hamilton.

In his ruling, Baum said he didn't think certain unresolved issues could be resolved by a June 29 deadline. Baum said he didn't think there was sufficient time for the issues to be presented to the court given that deadline. Baum also said the June 22nd auction date for the bankrupt team was cancelled.

Balsillie's response

• "Jim Balsillie's bid to bring a seventh NHL team to Canada continues," spokesman Bill Walker said in a statement.

"The court still controls the sale process. As a result, we look forward to hearing from the NHL soon on its view of our relocation application and an appropriate relocation fee, so as to allow the court to deter-

Just last month, Coyotes owner Jerry Moyes filed for Chapter 11 reorganization with a proposed sale of \$212.5 million to PSE mine if that fee is reasonable.

"We still think there is enough time for the NHL to approve Mr. Balsillie's application and move the team to Hamilton by September. The court invited mediation on these issues and Mr. Balsillie is willing to participate in such mediation if the NHL is also willing to do so."

Sports & Entertainment LP, which would move the team to southern Ontario. The new owner of the team would have been Bal-

sillie, who is co-chief executive of Research in Motion, makers of the Black-Berry wireless device.

Since moving to the desert in 1996 from Winnipeg, the team has consistently lost money and has had trouble drawing a fan base. The Coyotes have only made the playoffs five times since going to the desert and have never made it past the first round. Also, the team has had just one winning season since last making the playoffs in the 2002-03 season.

METRO NEWS SERVICES

Sports in brief

BURRESS The weapons possession case against former New York Giants wide receiver Plaxico Burress has been adjourned until September. The 31-year-old Burress shot himself in the thigh with an unlicenced gun Nov. 29 while in a Manhattan nightclub. He was charged with criminal possession of a weapon and faces up to 3½ years in prison. Burress has pleaded not guilty and is free on \$100,000 US bail.

GOLF Shingo Katayama of Japan has withdrawn from the U.S. Open because of an injury to his upper back. Katayama is No. 39 in the world ranking, and finished fourth at the Masters in April, two shots out of a playoff.

SOCCER The English Premier League has given Setanta until Friday to pay more than \$55 million it owes to retain its broadcast rights. An invitation has been issued for competing bids in the upcoming season and the league will sell them to the highest bidder if Setanta fails to make the payment. WILD The Minnesota Wild have hired San Jose Sharks assistant Todd Richards to be their next head coach. A person with knowledge of the situation confirmed the hiring yesterday to The Associated Press, speaking on condition of anonymity because an official announcement had not been made.

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Pittsburgh City of Champions



Sidney Crosby of the Pittsburgh Penguins holds the Stanley Cup aloft for the fans along the Blvd. of the Allies during the Stanley Cup Parade yesterday in Pittsburgh. The NFL's Pittsburgh Steelers followed the same parade route four months ago after winning the Super Bowl.

Sports make pleas for 2016 Games

OLYMPICS Seven sports hoping to be included in the 2016 Olympics made their pitch to the International Olympic Committee yesterday

Golf, karate, squash, baseball, softball, roller sports and rugby are vying for a maximum of two spots in the programme.

The IOC, eager to revamp the schedule to attract younger audiences, will shortlist two of the seven sports in August before a final vote on their inclusion two months later.

Madrid, Tokyo, Chicago and Rio de Janeiro are bidding to host the 2016 Games, with the host also picked in October.

"To be the first goldmedal winner in 112 years? I will be 53 then," said 2010 European Ryder

"We want to get back to having an Olympic dream."

Softball chief Dan Porter

Cup captain Colin Montgomerie as golf presented its case to the IOC's executive board.

"We have missed out on that for more than a century," added the Briton. Golf was last an Olympic sport in 1904.

The presentation team showed a video with top players past and present including Jack Nicklaus and Tiger Woods pledging their support to golf's bid to join the Olympics.

Baseball officials assured the IOC a "selection of the best players" would be made available for the Olympics despite a clash with the Major League Baseball (MLB) season.

No MLB games would be scheduled on the days of the medal matches. "We do not want to compete against any Olympic broadcast," said international federation chief Harvey Schiller.

Baseball and softball became the first sports to be taken off the programme in 2005 since polo was excluded in 1936 and will not feature in the 2012 London Games

"We want to get back to having an Olympic dream," said international softball chief Don Porter. "We hope we did enough to get a favourable decision."

Australian radio station asks Branson to spare a million

An Australian radio station hit hard by the economic downturn managed to ask Richard Branson for A\$1 million (\$900,000) after a month-long campaign to grab his attention — and the British entrepreneur politely refused. REUTERS



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Rising debt levels a risk: Report

Unemployment, eroding wealth weakening households, says central bank

Climbing debt levels have put Canadian households under increased financial strain amid surging job losses, stagnating income growth and slumping personal wealth, says a new report by the Bank of Canada.

The central bank's twiceyearly Financial System Review, released yesterday, suggests that households are increasingly vulnerable to "adverse shocks" such as an even bigger jump in the unemployment rate. It found that weaker house"Credit growth has continued to outpace income growth, contributing to higher debt levels."

Statement from the Financial System Review

hold finances also posed an "increased" risk to the Canadian financial system over the past six months as banks braced for more soured loans.

"Income growth has slowed, and personal wealth levels have been eroded by lower house prices in some regions." said the bank's report. "Credit growth has continued to outpace income growth, contributing to higher debt levels. At the same time, sharp increases in unemployment are raising the incidence of financial stress among households."

While Canadian household finances remain "reasonably healthy," the central bank highlighted certain areas of concern. For instance, household real net worth continued to decline in the fourth quarter of 2008. That figure, which reflects total household assets minus liabilities, dropped by 6.7 per cent on a year-over-year basis to \$48.59 billion.

"This drop reflects the combined effect of in-creased household debt

levels, weakening real estate assets and sharp losses in the value of financial assets caused by equity mar-ket declines," the bank

Of key concern is the unemployment rate, which rose to 8.4 per cent in May. The Bank of Canada said those escalating job losses have fuelled a surge in personal bankruptcies. It also noted that more con-sumers are falling behind on their mortgages and credit card bills.

TORSTAR NEWS SERVICE

Business in brief

MINES Russian state-owned nuclear giant Rosatom has secured a 17 per cent stake in Canadian rival Uranium One. acquiring another toehold in North America in exchange for a 50 per cent stake in the Karatau uranium mine in Kazakhstan.

AIG The U.S. government bailout of AIG and controversial bonuses paid by the insurer cannot be brought up during trial of the company's suit involving former CEO Maurice Greenberg, a judge ruled yesterday, AIG, claiming breach of fiduciary duty, is seeking to wrest back its shares held by Starr and the proceeds of any sales

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Wireless rivals step up their game

PHONES The world's two largest cellphone makers, Nokia and Samsung, unveiled yesterday new phone models, offering features comparable to the iPhone and Palm's Pre, but at lower prices.

The cellphone market volume is expected to fall around 10 per cent this year as recession dampens consumer demand, but the market for so-called smartphones is seen still rising 10-20 per cent as consumers look for capable devices.

Nokia launched three handsets, including a new touchscreen model, the 5530 Xpressmusic. Samsung unveiled its "Jet' model, which features a full touchscreen, a nextgeneration display and an improved processor.

REUTERS

India World Day Against Child Labour



Twelve-year-old Mamta Singh, a child labourer, carries a basket of sand on the banks of the river Balason on the outskirts of the eastern Indian city of Siliguri yesterday. The International Labour Organization celebrates World Day Against Child Labour on Friday.

Home resale prices rise to record in May

Sunny**Side**

REAL ESTATE Resale prices for Canadian homes rose to their highest average on record in May, while sales activity climbed for a fourth straight month as consumer confidence strengthened, according to an industry report released yesterday.

But rebounding sales in some of the most expensive markets skewed the national average, the Canadian Real Estate Association said in the report.

The average home price last month rose 0.4 per cent to \$319,757, topping the previous record set a vear ago. It was the first vear-over-year

since May last year.

The average price has recovered 16.4 per cent from the low reached in Janu-

ary, CREA said. Home sales rose eight per cent to 37,649 units in May from April, the fourth consecutive monthly in-crease on a seasonally adjusted basis. Nationally, units changed 49.521 hands in May, down 0.8

per cent from a year ago.
"The strong rebound in sales activity, not price, in Canada's most expensive markets is driving up average prices nationally and in some provinces, just as a sharp decline in activity in these markets pushed average prices lower in late 2008," CREA said.

REUTERS

12 business

Interest rates/Savings accounts METRO NEWS SERVICES

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Bills: Tag it and bag it

Your first step to more money is keeping track



f cleanliness and adding a new dimension to the proverb orderliness are next to godliness, my house-hold is doomed to an eternity in purgatory.

From a mountain of solo socks to stacks of newspapers and magazines on the chairs, the space I work and live in is often in gentle disarray.

But I'm fussy about financial bits and pieces. All it takes to lose control financially is to let stacks of statements, receipts and bills pile up.

Tame the chaos with three folders marked with the following: To Read, To



If you let stacks of bills, receipts and statements accumulate, you'll lose control of your finances.

File. To Pay. Put them in a wall-mounted file holder, a cordion folder and locate it close to where you enter

the house or sort your mail. Each day when you open the snail mail, check your email or clean out your wallet, slot everything into its place. Getting the items into a file with a specific intent is a big part of organization.

It is the eco-trend to go

paperless but even so I recommend printing out ebills or proofs of payment as they arrive and filing them. Statements from banks, Canada Rev-

RRSPs and RE-SPs belong in To Read.

Just getting the envel-opes opened forces you to pay attention even if you have don't time to scrutinize the contents.

In the second. To File.

put receipts relating to next year's taxes — daycare and medical receipts, for instance — and general purchase receipts.

Don't forget to keep grocery tabs and even receipts for small items: Anything you buy can be defective or

of non-sale items can be re-

Finally, the category most people fret about, To Be Paid. Open, take a

peek, circle the due date and in it goes. Twice a month clear out To Be Paid and once a month through the To Read file and find a final resting place for everything in To File.

If you follow these

three simple steps you'll keep your financial house in order and achieve a delightful sense of financial control.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network.
Write to her at alison@alisongriffiths.ca.



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Three simple steps are all it

takes to keep your financial

house in order

Last year, the economy forced me to close my business. The business didn't make me wealthy, but I earned enough to pay my mortgage and car loan. I'm now in default on my mortgage and haven't made a car or credit card payment for almost three months. Should I apply for loans before my credit rating is negatively affected?

Financial institutions report to credit bureaus frequently, so your credit rating may already reflect your delinquency. Contact your finance companies to make an amicable arrangement.

Seeking more credit will not solve your problems but create more: The solution is to reduce expenses, pay down and manage debts and focus on increasing in-



come. This may involve liquidating some assets such as stock holdings or furnishings to satisfy your obligations. A loan can be useful, provided it's used to consolidate debt.

Keeping good credit impacts your ability to borrow, obtain competitive interest rates and lower insurance premiums as well as maintain a positive self-image. That's why it's important to be proactive - in future, don't just wait for the hammer to fall.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.



Children have a five per cent increase in mole development with each waterside vacation, say researchers. Moles are a risk factor for malignant melanoma. Experts say you should apply waterproof sunscreen on your child often. BEST HEALTH MAGAZINE

Health & Beauty

When birth control fails

NorLevo is the newest emergency contraception available in Canada



Sometimes a woman realizes right after sex that she wasn't protected.

Perhaps the condom broke. Perhaps she forgot to take the Pill or took it incorrectly. Perhaps the diaphragm dislodged or the I.U.D. fell out. Perhaps she wasn't protected at all.

For times like this, there's a new emergency contraception in Canada. NorLevo comes in a little pink box and is available without a prescription. It should be used within 72 hours of unprotected sex, the earlier the better.

"NorLevo is an excellent option if regular contraception has failed or is forgotten," says Dr. Vivien Brown, a family physician on staff at the University of Toronto who has an expertise in women's health. According to Brown, NorLevo is 95 per



If you are worried that you may not have been protected during sex, you might want to consider a new emergency contraception called NorLevo. The other option in Plan B.

cent effective in preventing pregnancy when taken between 12 and 24 hours after unprotected sex. When taken within 24 to 48 hours after intercourse, it is 85 per cent effective and when

taken between 48 and 72 hours afterward, it is 58 per cent effective.

NorLevo is the second emergency contraceptive other one is Plan B, also

known as the "morning after pill." These products are not meant to be used as regular contraception. "Women should keep in mind that NorLevo is a good option 'just in case.' It is not

intended for long-term con-traception. Nor "Women should does it protect against future keep in mind that acts of unpro- NorLevo is a good tected sex," option 'just in case.' says Brown.

"If women It is not intended do not wish to for long-term become preg-nant they contraception." should abstain Dr. Vivien Brown, consider family physician contraceptive options that

regularly protect against pregnancy," she adds. In fact, if women are in the position to have needed Nor-Levo, this is a wake-up call to tell them that they need to get organized and find a regular contraception

method that works for them.

Studies show that about half of pregnancies in Canada are unintended. Half occur among women using some form of contra-

ception Many t h e s e women are using birth control correctly or inconsistently. Nor-Levo considered safe for all women childbearing age.

Īt cause nausea and vomiting, pain in the lower abdomen, headaches, fatigue and dizziness. Women may experience spotting and breast tenderness for a few weeks, until their next pe-

Roadmap to Healthy Ever After

SHOW Are you following a healthy lifestyle? Look for Healthy Ever After, a TV show hosted by journalist and broadcaster Valerie Pringle.

It premiers this coming Saturday at 8 p.m. ET on Global.

"There are many things we can and must do for ourselves and our families to prevent disease and we'll tell you about them,' Pringle tells Metro. She adds that, "As a mother of three kids - now young adults - I was constantly wondering what was good, what was bad, what was truly healthy and what was just 'trendy', when they were growing up.

The show will feature real Canadians as they sort out whether they are making the right health decisions. Guest experts include cardiologist Dr. Anthony Graham and internist Dr. Ian Blumer, coauthor of Diabetes for CELIA MILNE/

FOR METRO CANADA

Many sexy reasons to keep smiling



have "sex" as one of personalized Google news searches in order to help find topics for this column. The problem is I rarely use the stories that come up because they almost always involve horrific sexual abuse or assault or a creepy sex crime.

As if the regular news wasn't depressing enough, the sex news also seems extra grim these days. So this week, I'm bucking the trend with some happy sex news stories.

We are constantly hearing that married people's sex lives inevitably end up in the toilet (the shelves of sex improvement books seem to support this), but a poll of 3,000 adults in the U.K. found that most couples enjoyed their best sex after four years together because they felt their sexi-

Sunny **Side**

est and were more confident showing off their body to their partner and more comfortable trying new things together.

Now even your sex life can be more eco-friendly with solar-powered vibrators like Sola.

Being a strong supporter of female orgasm, I'm thrilled with U.S. anesthesiologist Dr. Lulu Marquez' campaign to make orgasms a right for women. "An orgasm should be a right," she

"When you have a sexually satisfying encounter, you look beautiful and satisfied.' And who doesn't want that?

Religion and sex don't always have the coziest relationship so it's good to hear some sex-positive messages coming from the pulpit, literally. Reverend Ed Young of the evangelical Fellow ship Church in Texas told married members of his congregation to have sex every day for seven days to strengthen their marriages. His advice after the week was over? Keep going.

Wedad Lootah, a tradi-



There's enough positive news about sex to keep couples happy, columnist Josev Vogels says

tional Muslim who works as a marital counselor in Dubai, has authored Top Secret: Sexual Guidance for Married Couples in which she celebrates the female orgasm, confronts taboo topics like homosexuality and urges Arabs to transcend the backward tradi-

tions that limit their sexual happiness

And finally, three words: Christian Sex Toys, Find them at mybelovedsgar-

Josey Vogels is a sex and relationship columnist and author of five books on the subjects.
For more info, visit joseyvogels.com.

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Homemade body scrub

• Blend 1/3 cup (75 mL) brown sugar with 1/2 cup (125 mL) oil, such as sweet almond or grapeseed (canola will do in a pinch).

Add a few drops of essential oil, such as lavender for calming or lemon grass for energizing. Or, instead of essential oil, add

minced ginger, which stimulates circulation, and a drop or two of vanilla extract.

REST HEALTH MAGAZINE



Spring-clean the skin

RHONDA ROVAN For Metro Canada

Many of us know the benefits of exfoliation in whisking away complexion-dulling dead skin

But it does more than that, says Holly Sherrard, education manager for Dermalogica Canada. "Exfoliating increases turnover to reveal newer, healthier skin cells, plus it decreases blackheads, minimizes hyperpigmentation and fine lines, and imparts an all-over healthy glow."

It also helps with hydration. "Cells transitioning from below the skin's surface to the topmost layer bring with them essential lipids and moisture," she

That's good news for your face. And what better time than spring to bust out the exfoliants for the body and feet, too? If you're planning on using a self-tanner, you need to exfoliate to avoid uneven patches (although simply shaving your legs will also exfoliate them).



Exfoliating skin can help decrease blackheads, minimize hyper pigmentation and impart an all-over glow.

Whatever you do, don't take the word "scrub" too literally — especially on the face — because overexfoliating will result in red, irritated, flaking skin. "Gently massage exfoliants into skin using light pressure," advises Sherrard.

The beauty aisles tempt us with scrubs laced with essential oils, boosted with moisturizers, and using everything from natural pumice to jojoba mi-crobeads to pulverized grapeseed for refining your skin.

But you can always go back to buffing basics and save some bucks in the

process by exfoliating with a humble washcloth or a loofah

Mixing up one of the easy Internet many recipes for skin-softening salt or sugar body scrubs will give you a little spa-athome moment. And rubbing sand and oil onto your bod the way Brazilians do is about as natural as it gets.

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WHERE FASHION MEETS HEALTH

With summer just around the corner, a whole new season of fashion trends for young adults will become apparent. Not all of them relate to clothing. Tattoo's and piercings are a huge part of today's fashion trends.

When it comes to these forms of "body art", people are warned to ensure they go to a reputable studio to make sure clean needles are used and that other necessary health precautions are followed. it comes to piercings, people should be aware that health and safety precautions do not come to an end after the piercing is received. This is particularly the case for those that are in the mouth area, such as the tongue or the lips.

It may not be pleasant to think about it, but the tongue is prime breeding ground for bacteria. Millions of these organisms make their home in this small little area of the body. In fact, as much as 70% of the bacteria found in the mouth make their home on the

Bacteria build-up on the tonque



Dr. David Lui **Dental Surgeon**

can cause serious health concerns. As it extends to the gum line, it can cause periodontal disease.

More serious problems such as infections, can occur if the bacteria finds its way into the bloodstream. These infections may not necessarily remain in the mouth. Blood flows throughout the body and it can transport that bacteria wherever it goes.

If you are thinking of getting your tongue or lips pierced, you have even more reason to keep your tongue clean. The piercing creates an open wound that gives easy access for the bacteria to get into the blood stream.

infections from the piercing, you have created a great place for bacteria to accumulate. People with pierced tongues who fail to properly clean around the piercing are more likely to have bad breath that those without piercing.

While we recommend against any piercings in the mouth area, we know that for some, the desire to have that look will just be too compelling. It is that much more important for you to keep the area around the piercing as clean as possible.

Even if you have not pierced your tongue, your regular oral hygiene routine should include brushing your tongue daily and visiting your dentist every six months. This will help alleviate bad breath, reduce the risk of periodontal disease and may even prevent a more serious infection. Brushing your tongue is a healthy habit...and healthy habits lead to healthy lives.

Dr. David Lui Dental Surgeon Tuesday, June 16, 2009

Angelina Jolie and Brad Pitt have donated \$1 million US to St. John's Hospital in Pitt's

hometown of Springfield, Mo., over the weekend. FEMALEFIRST.CO.UK

Depp top date **Entertainment** followed by Brad Pitt with 33.5

Return of No Doubt

Pop-rockers hit road seeking inspiration for new album

IAN NATHANSON for Metro Canada

The revived No Doubt is hitting the road this summer hoping to jump-start some fresh ideas for the California pop-rockers' first new album since 2001's Rock Steady.

That's the whole reason why we doing this tour,' lead singer Gwen Stefani tells Metro during a telephone news conference. "We just want to get out there, get inspired and get out of the house. I don't really expect to be writing any songs while we're touring, but this'll be a kind of new experiment to

find some further inspiration."

In early 2008, guitarist Tom Dumont, bassist Tony Kanal and drummer Adrian Young started putting together some ideas while Stefani was pregnant with her second child at the time and finished promoting her second solo effort, 2006's The Sweet Escape. She and her alt-rocker husband Gavin Rossdale welcomed a new son, Zuma, that August.

"I just had a new baby which was totally emotional and difficult, and I had to be in mom mode for the last little while," Stefani explains of why the songwriting process was slow

No Doubt live

No Doubt plays the Bell Centre in Montreal tomorrow night.

on her part. "You can't really press a button and just write a song. For me, it's both labouring and in need of some inspiring."

At this point, the group admits, it's uncertain which musical direction the as-yet-untitled record - expected to be released in 2010 — will follow.

When No Doubt broke

through in 1995 with its third album, Tragic Kingdom, the four were in full ska-punk-pop mode with hit singles Sunday Morning, Just A Girl and the ballad Ďon't Speak, written in the wake of a relationship breakup between Stefani and Kanal.

The followup, 2000's Return To Saturn, maintained some of its skapunk past with single Ex-Girlfriend but drifted towards radio-friendly pop with Simple Kind Of Life.

In 2001, album No. 5 Rock Steady mixed electronica, funk, Jamaican dancehall and pop and spawned hits out of Hey Baby, Hella Good, Underneath It All and Running. A greatest-hits set followed two years later supported



No Doubt frontwoman Gwen Stefani tells Metro, "We just want to get out there, get inspired and get out of the house."

by an upbeat cover of Talk

Talk's It's My Life. So far, the only new song to come from No Doubt surfaced during the recently aired second-season finale to the TV drama Gossip Girl. The four, making a cameo under the group name Snowed Out, performed a pop-rock rendition of Adam & The Ants' Stand And Deliver.

"We were never planning to do that, it just happened to come along while were making this new record," Stefani says. "But it turned out to be a really good exercise for us, trying to compete with the perfection of the original.

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Thandie Newton is to put her acting skills to good use teaching acting at Oprah Winfrey's Leadership Academy, a boarding school for girls growing up in poverty in South Africa.

25 years of Ghostbusting

Sequel rumours, game release mark milestone

PHIL BROWN for Metro Canada

It's hard to remember a time before Ghostbusters: pop culture references to proton packs, being slimed, giant Stay-Puft Marshmallow Men and that boppy Who-ya-gonnacall theme song have surely been with us forever.

In fact, the film is now celebrating its 25th anniversary, and to mark the milestone, fans can snap up a new Blu-ray and a videogame featuring the voices of the original cast.

Given that longevity, its also worth noting that the role of Canadian filmmak-er Ivan Reitman in Ghostbusters' success has long been underrated. Without Reitman, the film likely wouldn't have made it to the screen.

"Dan Aykroyd originally wrote Ghostbusters for himself and John Belushi in the late '70s," says Reitman. "It took place in the future and in outer space with competing teams of catching Ghostbusters

ghosts and aliens. Even back in the 1980s that would have cost hundreds of millions of dollars and frankly, it wasn't very fun-

Aykroyd may planned a drastically different movie, but fortu-nately, Reitman

how to knew make the idea work. had

with

lunch

video game Danny and ʻYou said. out today have this wonderful idea here, but instead of setting it in the future and in outer space, let's set it today in a big American city with The

Ghostbusters starting out," recalls Reitman.
"He said 'Sure, I'll do that.' So we pitched it and the studio gave us the money before we had a script. We had to deliver the movie in 13 months."

It says a lot about the considerable talent involved that the movie was cobbled together so quick-

ly with a great deal of improvisation ("I really believe in writing the last draft of the screenplay while we're shooting it," says Reitman) and still went on to become the highest grossing comedy of its time.

All these years later, the movie is still beloved by anyone with a pulse and there are even Blu-ray and rumblings

about another sequel — something that will only take place if the original creators want to be involved.

"There's certainly a lot of interest and we've been talking about it," says Reitman. "All of us have to agree on making the movie and we're waiting for a screenplay to get delivered at the moment. But it's a real possibility."
Fans will inevitably be

crossing their fingers (but for safety's sake, not their streams) until the decision is made.

DVD picks

Friday the 13th

Director: Marcus Nispel

PEOPLE WHO always order the same beer and pizza toppings will love Marcus Nispel's remake of Friday the 13th, one of the original and most successful of the slasher film franchises. Despite its upgrade in technical and acting prowess (seriously), the story retains its Old Testament premise of harsh retribution for the sexually frisky and the racially di-

Hockey-masked Jason Voorhees is as determined and unsocial as ever, dealing out death via blade, arrow, spike or axe to whomever crosses his path at Crystal Lake, his remote camp retreat.

A double prologue sets Jason's "on" switch when his mom flips her lid, followed by a camping trip where he goes medieval on some uninvited guests. The two events set in motion a family quest saga that has worried brother Clay (Jared Padalecki from TV's Gilmore Girls and Supernatural) seeking out his



Derek Mears starts as Jason in Friday the 13th.

missing sister, in the accidental company of other hunks and hotties. know what's going to happen when Jason's vorpal blade goes snicker-snack, and not even the order of dispatch is much of a mys-

tery. Depending on what DVD version you seek, there are extras galore, including an extended cut (11 minutes longer), a trivia track and various celebrations of the Jason mystique — anyone for The 7 Best Kills?

One Week

A CANADIAN ROAD trip movie that stars a sullen guy with terminal cancer and more Canuck symbols than an RCMP musical ride seems tailor-made to grind the teeth of the most patriotic citizen. Yet One Week manages to celebrate life and Canada without jerking tears or waving the flag too strenuously.

Ben Tyler (Joshua Jackson) is droning away at a dullsville Toronto job, avoiding his ambitions and sleepwalking into marriage with his fiancée Samantha (Liane Balaban), when he learns the clock is ticking on a cancer diagnosis, and survival isn't guaranteed even if he submits to brutal treatment.

Ben instead opts to skip town on a newly acquired motorbike, heading to B.C. on a trip he knows is delaying the inevitable.

Extras include a director's commentary, cast in-terviews and behind-thescenes footage plus bonus road trippage. PETER HOWELL/

FOR METRO CANADA

Polaris long list ranges from Cohen to K'Naan

MUSIC The Polaris Music Prize long list, announced yesterday, features 40 Canadian artists chosen by 181 music journalists from across the country. Musifrom cians such as Leonard Cohen, K'Naan and Handsome Furs all made the cut, and will know on July 7 if they're also on Polaris' short list. If they make it that far they'll be up against 10 acts to win a \$20,000 grand prize for best Canadian album of '08-'09.

The contest is in its fourth year, but Steve Jordan, the awards' founder and executive director, has only released a long list the last two years. One reason for the long list, he says, "is that we wanted to spread more love. We have over 200 records pretty much every year that get voted on, so there's a lot of potential for some great art to get attention. It also helps us create anticipation for the short list, and we're sensitive to some of the comments made that our short list was just made up of a certain style of music and therefore Polaris only paid attention to a specific genre." To view the long list visit polarismusicprize.ca.

BRYAN BORZYKOWSKI/ FOR METRO CANADA









Sin City's indie films

CineVegas, the annual Sin City gathering of indie film powerbrokers amid the slot machines and blackjack tables, wound down Sunday after providing several breakouts — and more than a few surreal spectacles.

Among the world premières to make a splash were Jeff Mizushima's Etiennel, Frankie Latina's Modus Operandi and Kyle Patrick Alvarez's Easier With Practice.

Mizushima's Etienne! was a conversation piece for many over the weekend. The film, a spiritual cousin to Lars and the Real Girl, centres on a pudgy loner who has only one friend — the titular dwarf hamster — whom he decides to take on a bike trip up the California coast after the critter is diagnosed with terminal cancer.

Operandi, meanwhile, was the talk of the festival among media and execs after its première Saturday night. Nominally a thriller involving a revenge-bent CIA agent, it also bursts with campiness and '70s movie outrageousness.

Perhaps the best-received movie of the fest was Practice, an understated drama about an introverted twentysomething writer who develops an unlikely relationship with a woman who calls him randomly one day.

All three movies have U.S. theatrical rights available and were being circled by acquisition execs as the fest wound down

the fest wound down.
On Sunday night, Practice took the grand jury prize, while Etienne! and Robert Saitzyk's Alaskan thriller Godspeed won special jury prizes.

In other categories, Doug Tirola's poker study All In took the documentary jury prize while Jessica Oreck's Japan-insect exploration Beetle Queen Conquers Tokyo scored the special documentary jury prize. Jon Voight and Willem Dafoe were given achievement awards.

Executives from a range of companies — IFC, Magnolia, Miramax and Fox Searchlight — all turned up to scout for the next big indie thing

indie thing.
"It's really one of the

"It's really one of the most enjoyable and even important of the boutique festivals."

Movie company executive

most enjoyable and even important of the boutique festivals," said one exec. "It's a chance to find a film or a filmmaker months or years before a lot of other people are going to hear about them."

The festival also aims for edginess no matter the

subject.
"We don't want to show movies that you can see at any other festival," said artistic director Trevor Groth. "This is a city based on risk-taking, not only because of the gambling and casinos but because of how the whole city was founded. It shouldn't even exist. This place should be sagebrush and lizards."

With the Vegas setting came a mix of partying — splashy fetes at the Palms

pool and the Mandalay Bay's Morrea Beach Club anchored the weekend and, as the only film festival to be set in a casino, plenty of other only-in-Vegas moments.

Fest headquarters and the screening theatres are both located in the Palms hotel, and a walk between the two requires a stroll through the casino, past the sportsbook area and right between the slot and video-poker machines.

Entertainment was often brought in to the laid-back headquarters space — like a Billy Idol impersonator (who, oh yes, also stars in a fest pic), who vamped for festgoers.

And at one screening, the sound of a couple exchanging vows could be heard through the speakers before a movie began. A programmer got up to assure that there was no need to worry; there was simply a wedding on the red carpet outside.

The fest scaled back in this, its 11th year, going from a 10-day extravaganza to a more manageable six days.

REUTERS



Tom Hardy stars in Bronson, a movie about a violent criminal.

Criminal drama takes top Aussie film award

WINNER A drama about a violent British prisoner has won the top award at the Sydney Film Festival, beating three local films for \$49,000 US, the largest cash prize in Australian film.

Bronson, written and directed by Danish filmmaker Nicolas Winding Refn, looks at the life of Welshman Michael Peterson, who adopted the name Charles Bronson after the action movie actor when on the fight circuit.

Bronson, who has been called the "most violent man in Britain," was jailed for armed robbery in 1974 but his sentence has been

repeatedly extended for crimes committed in prison, including attacks on fellow inmates and guards as well as hostagetaking. He has spent about 30 of 35 years in jail in solitary confinement.

Bronson, 56, is played by English actor Tom Hardy, who met him in prison while preparing for the film. The president of the festival jury, director Rolf de Heer, said Bronson best demonstrated "the competition's criteria of emotional power and resonance, audacity, cutting edge, courage and going beyond the usual treatment of its subject matter."

Terminator a big hit overseas

BOX OFFICE Despite the foreign launch of three big titles, including domestic box office winner The Hangover, Terminator Salvation was the top pick overseas for a second weekend with estimated sales of \$46.1 million from 80 territories. Its international total stands at \$165.5 million.

CBS orders up I Get That a Lot

SERIES CBS is ordering three more editions of its surprise hit hiddencamera special I Get That a Lot, in which celebrities work low-wage jobs while incognito and fool unsuspecting customers. It premièred on April Fool's Day and featured the likes of Heidi Klum, Jeff Probst, Jessica Simpson.







critics'corner_

Lots of kids are into video games, but for one of Jack's patients, it's all in his head. He's an 8-year-old bipolar boy obsessed with a video game that exists only in his imagination. When he attempts suicide and then flees the psych ward, Jack resorts to some mind games of his own to save the boy in the new episode "Manic at the Disco." 9 PM on 3 GTV 36 FOX



Every Second Counts Isn't it usually the parent who wants the kid to pursue a "sensible" career and the kid who wants to do something cool? The roles are reversed in this drama, which stars Stephen Collins as a retired rodeo rider with championship dreams for his teenage daughter, who wants to become a veterinarian. 1 PM on 39 SHO

Natalie MacMaster & Friends Please note that MacMaster is

Please note that MacMaster is not the focus of this special. The focus is Cape Breton music and culture, which is captured in this film of a concert performed by the music troupe Cape Breton Live. So expect tons of fiddling, step-dancing and corny comedy. 9 PM on 40 BVO

18 entertainment



Paris Hilton and Cristiano Ronaldo have vowed to make their long-distance relationship work. The socialite and the soccer star have promised to remain faithful to each other while Paris is in Dubai filming a new TV show. FEMALEFIRST.CO.UK

Celebrity Buzz

I'm more than gossip fodder, Oksana says

SPEAKING OUT Until now, Oksana Grigorieva's name has been more associated with Hollywood gossip than with musical chops - the Russian-born singer and pianist is pregnant with Mel Gibson's child but Grigorieva hopes that

will change starting with yesterday's release of Say My Name, the first single from her forthcoming Beautiful bum. Heartbreak.

classically trained pianist who hails from Saransk, Russia, the 39-year-old penned every

song on the album except for Say My Name, which exclusively debuted on people.com – for that track, she collaborated on the lyrics with none other than Gibson himself.

"It is the first and one of the simplest songs on the album, but also one of the most intimate," said Grigorieva, whose baby with Gibson, 53, is due in late fall. "It is

naked intimate raw emotion, little more than piano and voice as if it is a cry from the soul."

METRO NEWS

Madonna prepares for Mercy

moving her newly adopted daughter into a luxury lodge in Malawi today, femalefirst.co.uk reports.

The singer has sent a nanny and a nurse to look after toddler Mercy James while immigration paperwork is completed in the African country, allowing her to be flown to the U.S. where she will join the rest of Madonna's family.

Mercy was taken to the lodge in the country's capital, Lilongwe, after Madonna won an appeal hearing to adopt her on Friday. She right to adopt in April, on the grounds she hadn't lived in the country for

18 months prior to the adoption — usually a prerequisite for adoptive parents.

Once paperwork is complete, Mercy will be flown to New York where she will join Madonna, 50, and

and brothers Rocco, eight and David Banda, three who was also adopted from Malawi.

Mercy's biological mother was a schoolgirl who mother during died childbirth. Her biological father James Kambewa

abandoned his child and her

born, but says he still wants to be part of her life. He said: "Let the child

Stavin' together

go. My only plea to Madonna is that she should seriously look after the child.

"I am asking to make sure that, while the child is growing, she must be informed of me as her biological father.'

Madonna co-funds the charity Raising Malawi, which supports community-based organizations that provide care and support to orphans and vulnerable children. METRO NEWS SERVICES

Farrah not on deathbed: Rep

RUMOUR MILL Farrah Fawcett is not close to death, according to a representative who says the cancerstricken Charlie's Angels star remains in a "stable condition" and is still receiving treatment, femalefirst.co.uk reports.

The 62-year-old has been battling anal cancer for the last three years and allowed cameras to chart her struggle since she was first diagnosed with the disease in 2006. The Farrah's Story documentary pulled in millions of viewwhen it ers aired on U.S. television last month.

ever But

since the emotional show. the star has been dogged by rumours her health is failing, with many Internet gossip sites speculating she has since given up her chemotherapy treatment.

But a rep for Fawcett's longtime partner, Ryan has dismissed O'Neal,

claims the actress is nearing the end, telling "Ms Fawcett's condition has not changed. She is stable and remains under treatment by her doctor.

SERVICES

Michael training with The Hu PUMP IT UP Michael Jackson coming This Is It run of

is being trained by Lou shows at London's O2 female-Ferrigno. arena. first.co.uk reports. A source told his dance routines. Incredible Britain's Hulk actor — and former Mr. Universe The Sun is reportedly The paying visits to the singer's Los Angeles home help him prepare for his is said to forthbe

newspaper: "Lou has been visiting Michael to build him up so he can perform

"But Michael refuses to lift weights. He doesn't want to bulk up."

50-year-old singer — who weighs a reported 126 lbs and eats just one meal a day is reportedly battling skin cancer and

fied gaining weight will damage his chances of beating the disease.

Jackson and Ferrigno struck up a friendship two years ago when the singer began using the 57-year-old actor's gym. Ferrigno said at the time: "Michael is more delicate. Our trainer conditioned him for dancing.

"He likes me, he feels safe with me. He was nervous about people looking at him when he's train-METRO NEWS SERVICES

Chris and Rihanna's run-in

ON BEST BEHAVIOUR Rihanna and Chris Brown found themselves sitting courtside at an NBA Finals game in Florida last week, the Daily News reports.

Sources say Brown kept stealing glances at Rihanna's section throughout the first half, and made an effort to

nice

make

with her camp after half- though Rihanna was nowhere to be seen.

"Chris was definitely trying to make the situation less awkward, said a source. "He was trying to be very grown-up, and wanted Rihanna to see that as well."

METRO WORLD NEWS

John live-Tweets partying TOO MUCH INFO John Mayer

terri-

gave fans something to tweet about over the weekend. 115magazine.com reports, when the partied singer with MTV star Rob Dyrdek in L.A. Dyrdek ended up having too much

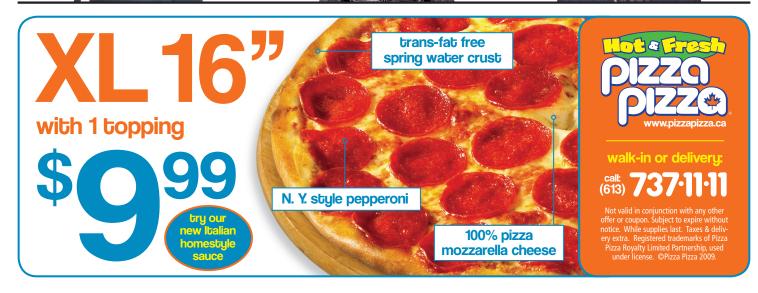
drink,

and went

to the hospital to get his stomach pumped.

At Cedars-Ŝinai Medical Center, Mayer Tweeted: 'In triage at Cedars @Robdyrdek. When the contents of his stomach hit that silicon bag and we all saw it, we just broke into applause." METRO NEWS

SERVICES









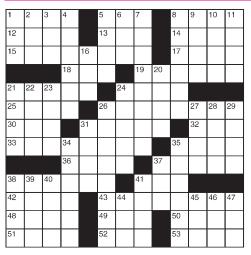


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entertainment 19

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Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		6		7	3			1
	1		8					2
	4		2				7	
5							1	
		7	5		1	3		
	6							5
	5				2		4	
2					8		9	
3			6	5		8		

Crossword across

1 Speech imperfection 5 Oklahoma city 8 Rose feature 12 Job-safety grp. 13 Jewel

14 "The Audacity of —" 15 Stir-fry condiment

17 Foolish bloke 18 That girl 19 Ditch

21 Brazilian dance 24 Good, to a rapper 25 Satiate 26 "Hee Haw" co-host

30 Venomous viper 31 Sibling of Peter Rabbit

32 Tiny 33 Merit badge earner, perhaps

35 Took the bus 36 Overly theatrical

37 Boutique

38 King's perch 41 Journal

42 Coffin stand

43 Buzz Lightyear's movie

48 Harmonization

49 Pair

50 Met melody 51 Trail

52 Tho'

53 Understand intuitively

Crossword down

1 Part of UCLA 2 Equi-3 Bashful 4 Elapse 5 Chills and fever 6 Year-end abbr. 7 February birthstone 8 Jewish village in Eastern Eu-

9 Grover's Corners, e.g. 10 Grand-scale tale 11 Illicit stimulant, for short 16 "Eureka!" 20 Risque

21 Wound cover

22 As well 23 Tending to brood (Var.) 24 Annoying ad on a PC

26 Sleeping-car area 27 MPs' quarry 28 Start over

29 Acute 31 Thom - shoes

34 Burn around the edges

35 Unkempt 37 "Mayday!"

38 Recipe meas.

39 Informal greeting

40 "La Boheme" based musical 41 City on the Rhône

44 Have bills

45 Bobby of hockey lore

46 Carnival city

47 Tibetan critter

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Ε	L	М		Α	R	Е	Α	S		Α	N	Т
s	Е	Α		s	Α	М	В	Α		L	0	Υ
Р	Α	Р	Α	L	В	U	L	L		Α	S	Р
			L	Е	1		Е	М	В	R	Υ	0
G	Α	S	Р	Ε	D		R	0	0	М		
Υ	Е	Р		Р	L	Υ		Ν	0	В	Ε	L
М	0	0	D		Υ	Ε	S		М	Ε	Т	Α
S	Ν	0	U	Т		Ν	Т	В		L	Α	С
		Ν	Е	W	Т		D	R	0	L	L	Υ
D	Ε	В	Т	0	R		Е	Α	R			
U	R	1		В	Е	Α	С	Н	В	Α	L	L
Ν	Τ	L		1	S	L	Α	М		Ρ	E	Α
K	Ε	L		Т	S	Α	R	S		Т	0	Р

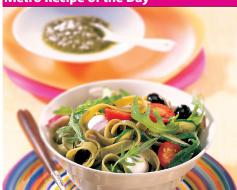
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 (π)

ı	SUDOKU SOLVE TIME:
l	Under 13 minGeniu
I	13-17 minSchola

17-21 min 21-25 minNot bad 25+ min.....Keep practising

Metro Recipe of the Day



Green Pasta Salad

INGREDIENTS

1 lb (500 g) green fettuccine 8 oz (250 g) cherry tomatoes 2 small Mediterranean (Lebanese) or pickling cu-

cumbers 8 oz (250 g) arugula

1 medium red onion, finely sliced

8 oz (250 g) bocconcini black olives for garnish

BASIL PESTO:

1 cup (250 ml) fresh basil leaves

2 cloves garlic, roughly chopped 1 tbsp (15 ml) pine nuts

4 tbsp (60 ml) grated pecorino

6 tbsp (90 ml) olive oil 3 tbsp (45 ml) lemon juice 2 tbsp (25 ml) vegetable stock

salt and freshly ground black pepper

METHOD:

3

2

5

6

8

1. Cook pasta in plenty of lightly salted boiling water until al dente, following package instructions. Drain, rinse under cold running water and leave to cool. Cut tomatoes in half. Slice cucumbers in half lengthwise and slice thinly. 2. Combine tomatoes, cucumbers, arugula, onion and pasta in large bowl. Drain bocconcini and mix into salad.

3. To make basil pesto, clean leaves by wiping with paper towel; do not wash. Combine basil, garlic, pine nuts and pecorino in food processor and process finely. Combine oil, lemon juice and stock in small bowl and add to mixture in steady stream with motor running until amalgamated. Add salt and pepper to taste.

4. Stir basil pesto into salad or serve separately. Spoon salad into individual bowls and garnish with olives.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on



Horoscopes by Sally Brompton

ARIES MARCH 21-APRIL 20

It may annoy you that friends and colleagues seem intent on disrupting your routine, but there's not much you can do about it

LIBRA SEPT 23-OCT 23

By all means aim high and take on challenges that stretch you, but don't aim so high that success is almost impossible. Everyone has limits.

TAURUS

APRIL 21-MAY 21

Certain people may be giving you a hard time about what you owe, financially or otherwise, but you must not let it get to vou.

SCORPIO OCT 24-NOV 22

Something that seems of the utmost triviality to you is of major importance to other people and you need to recognize that fact.

GEMINI

(g)

MAY 22-JUNE 21 Mercury, your ruler, aspects power planet Pluto today, which is as clear a message as you could hope for that now is

SAGITTARIUS

NOV 23-DEC 21 Today's Mercury-Pluto cautions

you to keep your temper in check. Getting along may be hard, but it is quite easy to stay out of people's way.

not the time to rock the boat.

CANCER

JUNE 22-JULY 22

A fear you thought you had overcome will make a reappearance today but there is no need for alarm. Focus your mind on happy images.

CAPRICORN DEC 22-JAN 20

Make an extra special effort to help people today. No matter how busy you may be on the work front you can still find time to assist those who need it.

LEO JULY 23-AUG 23

It may sometimes seem as if the world is falling apart, but is it really or is that just the effect of all the negative voices you hear every day?

AQUARIUS JAN 21-FEB 18

It may seem as if you have lost the advantage you once had, at work or in your social group, but there is no need to worry. Everything moves in cycles.

sallybrompton.com

VIRGO AUG 24-SEPT 22

The message of the stars today is that you must stop clinging to things you should have long outgrown. The past may be safe, but the future is where it's at

PISCES

FFR 19-MARCH 20

Friends or family? Who do you give the most attention to? Only you can decide. Remember friends often change, but family always remains the same.

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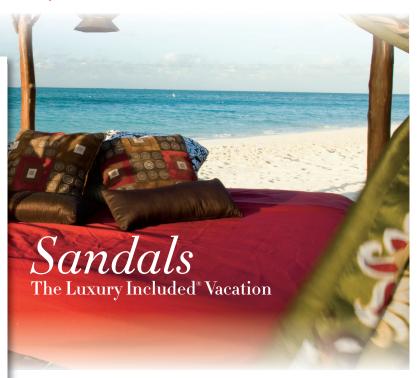
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Luxury Included® Vacation Riviera Premium rm. July 1-19 • 1 wk. \$1449

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Please add \$50 for Sat. & Sun. departures

Nassau, Bahamas via Toronto Sandals Royal Bahamian Spa Resort & Offshore Island

Luxury Included® Vacation Royal Village deluxe rm. Aug. 2 & 30 • 4 nts. \$1479 Taxes & fees: \$199





Liberia, Costa Rica

via Toronto

Occidental Grand
Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.

June 27 • 1 wk.

Taxes & fees: \$204

Departure tax: 26 USD cash, paid locally.

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Tulum • 5 ★ All-Inclusive • Standard rm. Aug. 1-23 • 1 wk. \$729

Taxes & fees: \$29

Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite July 3-31 • 1 wk.

Upgrade to Royal Club luxury rm. for \$229 per person

Taxes & fees: \$324 Based on Fri. departures.

\$749

Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2 ★

All-Inclusive • Standard rm. July 5-26 • 1 wk.

\$799

Holguin via Toronto Occidental Grand Playa Turquesa • 4 ★

All-Inclusive • Superior rm. July 4-25 • 1 wk.

759 Taxes & fees: \$229

Departure tax: 25 CUC cash, paid locally.

Turks & Caicos via Toronto Ocean Club Resort • 4 ★ 414

Studio suite
Aug. 1, 8, 15, 22 & 29 • 1 wk.

Taxes & fees: \$241

Barbados via Toronto

Bougainvillea
Beach Resort • 4★
Studio rm.

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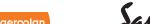
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